

The Newport Navallog

VOL. 102 NO. 13 MARCH 29, 2002

SERVING COMMANDS AND ACTIVITIES, NEW



Ron Fontaine/U.S. Navy photo

CHAPLAIN (Cmdr.) David P. Gunderlach, senior staff chaplain at Naval Station Newport, prepares the altar for Holy Week and Easter services at the Chapel of Hope. A schedule of services for Catholic and Protestant denominations appears on Page 7.



Cap Weinberger offers message

Former Secretary of Defense Caspar Weinberger encourages young surface warriors to become advocates of their profession.

— Page 2



Navy salutes women's history

Sen. June Gibbs, R-Middletown/Portsmouth, speaks at Navy Newport's observance of National Women's History Month.

— Page 3



NCC displays native costume

The International Show of Dress, sponsored by the Naval Command College Class of 2002, produces a variety of colors.

— Pages 8-9

Soviet Cold War submarine to enter R.I. waters

The USS Saratoga Museum Foundation, Inc., which is trying to open an Air, Land & Sea Heritage and Technology Park at Quonset Point, has acquired a former Soviet nuclear ballistic missile submarine, foundation President Frank Lennon announced last week.

The 300-foot Juliett-class 484 is being towed from Halifax, Nova Scotia, and will pass through Narragansett Bay this week-end to a temporary berth at Port of Providence. The submarine was used in the upcoming movie, *K-19: The Widowmaker*, starring Harrison Ford and Liam Neeson.

The Juliett was advertised on eBay last year for \$1 million, but it's believed the

foundation paid much less for the boat.

Lennon said since the Saratoga and the Juliett 484 are the same vintage, both having served their countries for 30 years during the Cold War, they would complement each other at the museum.

The submarine has had a colorful life. Built in 1965 and armed with four nuclear cruise missiles aimed at the United States, the boat prowled the Atlantic shadowing U.S. carriers. The USS Saratoga was probably among its targets, Lennon said. The carrier is berthed at Pier 1, Naval Station Newport.

Juliett's 300-foot low profile hull was manufactured from austenitic steel, which

provided a very low magnetic signature.

The hull was then covered with a specially designed sonar/sound absorbing sheath of two-inch thick hard rubber tiles. It had 300 tons of silver zinc batteries that allowed it to travel submerged and silently at 17.5 knots for short periods. She had a maximum under water range of 810 miles under diesel power.

Only 16 Julietts were built, most produced by a shipyard in Gorky between 1962 and 1968.

The 3,174 ton Juliett was decommissioned in 1994. The Russian Navy sold it to a Finnish corporation which turned its huge battery compartment into a small

restaurant. The sub then crossed the Atlantic and became a restaurant in Tampa, Fla.

This past year the boat has been leased to Paramount Pictures. The film is a super-power thriller inspired by real events. On its maiden voyage in the Atlantic in 1961, the Soviet navy's first nuclear ballistic missile submarine malfunctions. Ford plays the boat's skipper, Capt. Alexei Vostrikov, who was ordered to take the vessel out on patrol at any cost.

The foundation hopes to berth the submarine at Collier Point Park as a tourist attraction before the movie is released July 19.

NUWC detachment rescues victims of airplane crash

ANDROS ISLAND, The Bahamas — The Navy and Coast Guard, and a detachment from the Naval Undersea Warfare Center, were at the right place at the right time to help victims of an airplane crash here recently.

A privately owned charter aircraft suffered engine failure on March 17 immediately after take-off from the Fresh Creek Airport on Andros Island in the Bahamas. The plane, with a local Bahamian pilot and three American passengers, crashed into an uninhabited area of coral and mangrove about a half mile north of the runway.

Fire apparatus and EMTs were dispatched to the scene to stabilize the site and provide medical assistance to the passengers and pilot. These first rescue personnel were not Bahamian, but Navy, Coast Guard and Navy support personnel.

Local authorities at Fresh Creek, one of the few towns on the island, do not possess EMT or medical evacuation (MEDEVAC) resources capable of handling this kind of accident, so a team

from the Naval Undersea Warfare Center's Atlantic Undersea Test and Evaluation Center (AUTEC) Detachment responded.

Due to the rough terrain, AUTEC personnel responding to the accident had to park about a quarter mile from the crash site and walk in. Miraculously, everyone on board the plane survived the crash.

Coral craters made movement by stretcher very difficult, so one passenger who suffered a head gash and possible neck injuries was air-lifted by Coast Guard helo back to the AUTEC main site. Although examined by AUTEC medical staff and found to have suffered only superficial injuries, passengers were surprised by the presence of U.S. Navy personnel at a remote location like Andros.

AUTEC operates a contiguous 500-square-mile precision three-dimensional instrumented tracking range from a shore site a few miles from Fresh Creek.

AUTEC is the premiere undersea warfare test, evaluation, and training facility for the Navy.



Ron Fontaine/U.S. Navy photos

ADDRESSING SURFACE WARRIORS — Caspar W. Weinberger, former Secretary of Defense under President Reagan, speaks to Surface Warfare Officers School Command staff and administration at Weakley Hall last week.

Weinberger says war's success hinges on Americans' patience

By RICHARD ALEXANDER
Navalog editor

Former Secretary of Defense Caspar W. Weinberger said the success of the war on terrorism ultimately will depend on the patience of the American people.

Weinberger spoke to the staff and administration of the Surface Warfare Officers School Command (SWOSCOLCOM) at Weakley Hall, and later was the keynote speaker at Division Officer Course Class 147's graduation in Spruance Hall, Naval War College, last Friday morning.

Weinberger, 84, whose service to country has spanned from World War II when he was on Gen. Douglas MacArthur's intelligence staff to the 1980s when he was on President Reagan's cabinet, said



WEINBERGER reads the caption under a photo of President Nixon in a showcase in Spruance Hall, Naval War College.

this war is "unlike anything before."

He said the al-Qaida network is a huge octopus, with tentacles in many parts of the world — the Sudan, Pakistan and the Republic of Georgia. "Each tentacle has to

be cut off and destroyed," he said.

"So far, the American people have understood the time it takes, and have accepted the security procedures and restrictions typical of wartime."

WEINBERGER, Page 13

THE NEWPORT
NAVALOG

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Commanding Officer, Naval Station Newport

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Ron Fontaine/U.S. Navy photos

THE NAUTICAL NOTES, a component of the Newport Navy Choristers, are led by Director Joann Loewenthal, right, as they sing at Navy Newport's observance of National Women's History Month at the Officers' Club on March 20.

Women's history speaker advocates 'pioneer spirit'

By KATE WHIDDEN
Navalog contributor

Navy Newport celebrated National Women's History Month on March 20, with two speakers who highlighted this year's theme, "Women Sustaining the American Spirit."

Professor Catherine McArdle Kelleher, who is currently serving as a visiting professor in the Strategic Research Department at the Naval War College, and keynote speaker, R.I. State Sen. June Gibbs, spoke at a luncheon attended by about 45 guests at the Officers' Club.

This year's program was sponsored by the Naval War College, the Navy Warfare Development Command and Naval Station Newport.

Gibbs, who has represented Middletown and Portsmouth voting districts since 1985, is the deputy minority leader of the Senate. She serves on the Health, Education, and Welfare Committee; Finance Committee; Joint Environment and Energy Committee; and the Joint Highway Safety Committee.

Gibbs discussed the obstacles women still have to overcome and the ways they are making history every day. She noted that a bust of the famous Rhode Islander Elizabeth Buffum Chase was unveiled recently in the State House in Providence.

"It's clear we've come a long way because it is the first female statue in the State House," she said. "With the achievements of so many Rhode Islanders, hopefully it won't be the last."

Gibbs also cited the efforts of Air Force Lt. Col. Martha McSally, a Warwick native who continues to champion equal employment opportunities for women.

"Lt. Col. McSally, one of the highest ranking female pilots, is a living example of progressive persistence," Gibbs said. McSally was the first woman to fly a combat mission in Operation Desert Storm and has recently challenged military policy when she refused to wear an abaya (head to toe covering



Sen. Gibbs



Professor Kelleher

only worn by women) when she was stationed overseas.

"We need to adopt the pioneer spirit of our leaders," she said.

Sen. Gibbs is a pioneer herself, becoming the first woman to be elected president of the Middletown Town Council from 1978-1980.

Citing author Erma Bombeck, Gibbs said, "We know how far we've come and we can do better. Women's History Month is an opportunity to remind our daughters and granddaughters that we have a responsibility to see challenges through to the end," she said.

Dr. Kelleher has received numerous honors and awards including being selected as a NATO Research Fellow; a Ford International Security Studies Fellow; and a visiting Fellow at All Souls College, Oxford, England.

In her academic career, Dr. Kelleher has served as Professor, University of Maryland as well as at the University of Denver, Graduate School of International Studies.

Dr. Kelleher's speech focused on the potential of women in today's society.

"So many women in Newport...are outstanding examples of what can happen with female leaders," said Kelleher, citing the achievements of Sen. Gibbs; Rear Adm. Barbara McGann, Provost of the Naval War College; and Capt. Ruth Cooper, Commanding Officer of Naval Station Newport.

"We don't have an 'Old Girls' Network' to compete with the 'Old Boys' Network' and we need to start one," she said.

Dr. Kelleher spoke of the importance of furthering education and equal employment opportunities for women. At one point early in her academic career, Kelleher was interviewing for a similar position as her husband, but was only offered \$2,500. Her husband was offered \$7,000.

While this kind of blatant discrimination has stopped, Kelleher said that many women often place limitations on themselves.

Newport Naval Cable TV

Vice president hails Marines and Sailors

Navy and Marine Corps News airs daily at 8:30 a.m., noon and 5:30 p.m. on channel 11. Look for the following stories and more on this week's Navy/Marine Corps News show:

— Vice President Dick Cheney visits *USS John C. Stennis* and Naval Support Activity Bahrain to thank Sailors and Marines for their efforts in *Operation Enduring Freedom*.

— New York firefighters teach Sailors in Bahrain emergency response tactics.

— The Department of Defense honors the sacrifices of service women at Arlington National Cemetery.

Go Navy, chart your future

This week on Newport Naval Cable Television see the Navy's latest *Accelerate Your Life* 12-minute recruiting video on channel 11 at 8:13 and 11:43 a.m., and 5:13 p.m. which may help you decide your future.

After the video, watch the seven-minute feature, *Teamwork in Action: Navy and NASCAR*.

History and naval warfare

This week's featured video, *The*

History of the U.S. Navy, from 1964-1996, will be shown at 9 a.m., and 1 and 6 p.m.

Health, Wellness Videos

The Naval Ambulatory Care Center and the Health Promotion Action Council want to help service members achieve and maintain their optimal health and wellness, while learning more about disease prevention.

Health education and wellness programs are now offered on Newport Naval Cable Television channel 13, Monday through Thursday, from 2 to 3 p.m.

During next week's featured segments, beginning April 1, learn more about *Thyroid Disorders* and *Ulcers (Gastrointestinal)*.

If interested in classroom/video programs or in participating in the Health Promotion Action Council, call Health Promotion Department at 841-6777.

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RETIRING Master Chief Donald Bullard, right, is relieved by Master Chief Brian McCarty during change of office ceremonies for Naval Health Care New England March 15. The change in command master chief was overseen by Capt. Francis R. MacMahon, center, Commanding Officer.

New command master chief takes Health Care N.E. helm

A change of office between Master Chief Gunner's Mate Donald R. Bullard, who was relieved by Master Chief Operations Specialist Brian K. McCarty, was held March 15 in the office of Capt. Francis R. MacMahon, Commanding Officer, Naval Health Care New England.

The ceremony was attended by Capt. MacMahon; Capt. Andre M. Greedan, Deputy Commander,

Naval Ambulatory Care Center, Newport; Capt. M. G. Wilson, chief staff officer, Naval Health Care New England; and Master Chief Hospital Corpsman John E. Parkhurst, NACC Newport senior enlisted leader.

Bullard served in the Navy for 30 years, and retired at Pringle Hall, Naval War College, last Friday. He will live with his wife in Middletown.

Master Chief McCarty is from Boston and is reporting to Naval Health Care New England from duty aboard the guided missile frigate USS McInerney.

He has served 19 years of sea duty including duty on the aircraft carrier USS Enterprise, and has 28 years of Naval service.

The change of office was conducted by Capt. MacMahon.

NACC commends top junior civilian

Linda Dokken has been selected as 2001 Junior Civilian of the Year for Naval Ambulatory Care Center (NACC), Newport.

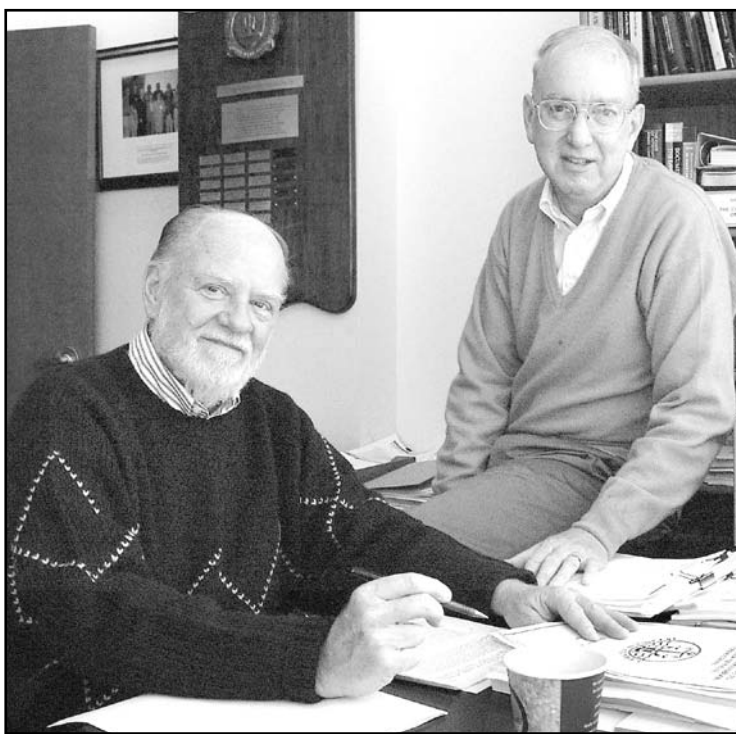
Dokken, Secretary for the Director of Clinical Services, was lauded for sustained excellence in the performance of her duties.

Key examples include accurate recording and preparation of minutes for the three most important and influential committees in the clinical functionality of the facility.

For the last quarter of the calendar year, the directorate grew to encompass the Ancillary Services and personnel of the Laboratory, Radiology, Pharmacy, and Health Promotions Departments.

In addition, Dokken administered all TAD requests, ensuring proper procedures were followed for making travel arrangements through the government system in accordance with regulations.

Dokken was a key consultant in the preparation of correspondence, meeting minutes, and other document formatting.



PHC (AW) Jon Hockersmith/U.S. Navy photo

INTERIM FELLOWS —Naval War College Professors Richard J. Grunawalt, left, and Arthur A. Thomas were named interim chairholders of the Charles H. Stockton Chair during ceremonies Feb. 27 led by Rear Adm. Barbara McGann, Provost. The newly-recognized professors will oversee the chair, vacated by Professor Nicholas Rostow, until new fellows or a permanent chairperson is named. Rostow was named senior legal adviser to the U.N. ambassador.

Audiologist named 2001 senior civilian

Dr. Janet Sells of Middletown has been named the 2001 Senior Civilian of the Year at the Naval Ambulatory Care Center (NACC), Newport.

An audiologist, the command commended Dr. Sells for her sustained professional excellence, bringing a level of clinical preparation and expertise to NACC's beneficiary population that few medical organizations in the country can offer.

Noteworthy is the completion of her doctoral degree last summer, accomplished while working full-time providing audiologic services to more than 3,000 patients last year.

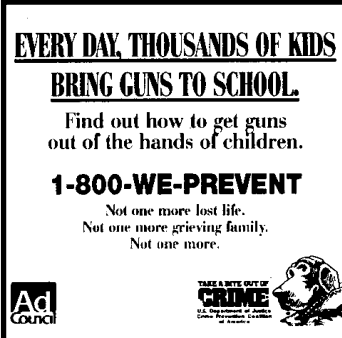
Dr. Sells volunteered her services after-hours and weekends for students attending Officer Indoctrination School (OIS) and the Surface Warfare Officers School (SWOSCOLCOM) to avoid interruption in training schedules. In addition, she stepped in to help visiting ships meet fleet requirements by serving crewmembers, often with very little notice.

Her guidance of the Hearing Conservation Program led the certification of numerous reserve and active duty technicians.

Dr. Sells proactive collaborative relationship with the registered nurse in the Ear, Nose and Throat (ENT) Clinic has resulted in seamless referrals between closely related disciplines, expansion of professional knowledge and a more efficient audiometric testing process for preliminary assessment of patients, the command said.

Dr. Sells participated in the CME program in an exchange of knowledge with military and civilian colleagues, NACC and the Newport Hospital Lecture Series.

Her professional expertise, commitment to her patients, and exemplary contribution to the mission of Navy Medicine reflect great credit upon yourself and the U. S. civil service, the command said.





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Assistance

Survive your teenagers

MIDDLETOWN —Why do adolescents behave the way they do? Why do they talk, act and dress that way? What ever happened to that sweet innocent child you used to know and love?

The answers to these and other questions about adolescence will be addressed at a free seminar for parents called "Surviving Adolescence" on Thursday, April 11, at 7 p.m. at St. Lucy's Church. The seminar is sponsored by Stopover Services, a youth and family service agency in Middletown.

The program will focus on understanding "normal" adolescent behavior, how to identify problem behaviors and positive steps parents can take to improve their relationships with their teenage child. For more information, call 848-0758.

Experienced cook wanted

Come cook with us at the Morale, Welfare and Recreation's Community/Recreation Center, Building 656! If you are looking for some extra money, we're looking for your skills.

We will work around your duty schedule and are currently accepting applications for positions in our busy kitchen, paying over \$8.50 per hour!

Interested? Apply in person at Building 656.

(Applicants must have one year remaining on-board.)

Share your love of sailing

The Coasters' Harbor Navy Yacht Club (CHNYC) is looking for a few good sailing instructors! All you need is the ability to sail (handling a Rhodes 19 or similar keel or centerboard sloop rigged boat) and the desire to share that ability with others.

The Basic Sail Training Program course of instruction is based on a local Naval Station Newport/Narragansett Bay Qualification. No special qualifications, i.e., US Sailing or USNSA, are required of the volunteer instructors.

Although there is no pay involved MWR will provide "sail training credits" — an hour's credit for every two hours of training. You can use the credits when you check out a recreational boat for your personal sailing pleasure (for up to 50 percent of the fee incurred).

Ask about additional CHNYC incentives.

Interested? Attend an information session, on April 23, 24 or 25 from 6 to 7 p.m. in Building 18, or contact Jim Gilmore, CHNYC commander, home phone 849-4044, or email jgilmore@lifefspan.org.

Announcements

The Thrift Shop is your shop

The Navy Marine Corps Relief Society Thrift Shop in Building 305 is a great place for bargain-hunters, but we ask shoppers and contributors of used articles to follow some guidelines.

The shop is open Tuesday and Thursday from 11 a.m. to 1 p.m. A valid government ID is required to enter.

The drop off bin is located in front of the shop and is open 24 hours a day, unless otherwise posted. Please use bags for clothing and donations. All articles should be placed in the bin because anything left on the sidewalk could be ruined during inclement weather.

All clothing should be clean and in good condition.

All donations are greatly appreciated and proceeds help support the Navy Marine Corps Relief Society.

The shop currently has a wide selection of military uniforms for active duty military.

Parking violators will be towed

Parking on Coasters' Harbor Island (CHI) continues to be a problem under Force Protection measures, Cmdr. Jim Cunha, Executive Officer, Naval Station Newport said.

All Naval War College personnel are restricted to parking in the interior of the Naval War College security perimeter and the paved New Hampshire Field lot.

Parking in the Surface Warfare Officers School Command lots is restricted to SWOS students.

Additionally, the new enforcement will limit parking on the rest of CHI to Combined Bachelor Housing residents and guests at the Newport Chalet, Harbor Island Conference Center participants, Gym 109 and SWOS student overflow.

All personnel are reminded not to park on the grassy areas around NAVSTA, Cmdr. Cunha said. Any vehicles found parked on lawns and ball fields will be towed.

Special events

ASYMCA/MWR Easter Egg Hunt

Children age 7 and under of active duty military members are invited to participate in the ASYMCA/MWR Easter Egg Hunt on March 30 beginning at 10 a.m. at the Recreation Center, Building 656.

This free, fun-filled family event will feature egg hunts in three age groups: 2 and under, 3 to 4, and 5 to 7 with terrific prizes awarded for each egg found! There are so many prizes that everyone will leave with something! There will be children's activities and refreshments available as well.

Mark your calendar today so you don't miss this terrific family event! Call Sonya Sloan McGough at the ASYMCA at 846-9622 or the MWR Publicity

Office at 841-4992 for more information.

Service to remember Dr. King

The Newport County Branch of the NAACP will hold a memorial service for the Rev. Dr. Martin Luther King, Jr. on Thursday, April 4, at 7 p.m. Dr. King was a 1964 Nobel Peace Prize winner and human rights leader.

The memorial will be held at the Dr. Martin Luther King Jr. Community Center at 120 Dr. Marcus F. Wheatland Blvd., Newport. Mr. Wayne R. Porter, President, Board of Directors of the Center, will be the guest speaker.

For more information, call 847-5570.



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What's going on

Egg hunt welcomes military

Gather the family tomorrow and hop on over to the Recreation Center, Building 656, for a fun-packed celebration of Easter at the Armed Services YMCA/Morale Welfare and Recreation Department Easter Egg Hunt.

Free and open to Children ages 7 and under of active duty military personnel, the festivities will include three egg hunts (ages 2 and under; 3 to 4; and 5 to 7) with prizes awarded for each egg found, plus various other children's activities, prizes and refreshments.

For more information, call 846-9622 or 841-4992.

TODAY, March 29

- Good Friday services, Chapel of Hope, Protestant, noon; Roman Catholic Stations of the Cross, 3 p.m.
- "Destroyers 100 Years," 100th anniversary of the American destroyer exhibit continues through November, Naval War College Museum, featuring Ship models, murals, memorabilia, video presentation. Call 841-4052 for more information.
- "Fitness Walk and Tone," 8:30 to 9:30 a.m., Gym 109. New program designed for patrons age 50 and up. Class consists of stretching, muscle toning exercises and a 20-plus minutes of fitness walking around the gymnasium. Classes will be held Monday and Thursday. Cost is \$5 for five weeks! For more information, call the fitness staff at 841-3154.
- Intermediate Weight Training for Women, 9 to 10:30 a.m., Monday and Wednesday, Gym 109. Learn basic nutrition and calorie consumption, how to burn fat not muscle, how to correctly use free weights/bars/plates/benches, and much more. Cost is just \$10 per person for the six-week class. For more information or to register, contact fitness staff at Gym 109, 841-3154.
- Lunchtime Bingo, noon to 1 p.m., at the Recreation Center, Building 656! New game every 10 minutes. Cost is \$1 each (three cards on a strip) Winners receive \$30 cash prizes! Jackpot coverall game starts 12:30 p.m. Win \$500 if a coverall Bingo is called within the first 50 Bingo numbers! If no winner, game continues until Bingo is called. Winner will win \$100, and \$10 and another number is added to next week's jackpot game. Also

On base movies

Officers' Club—Tuesday, April 2 at 6 p.m. *Kate & Leopold* (PG13) 8 p.m. *The Royal Tenenbaums* (R).

Recreation Center—Beginning tonight the following movies will be shown upon request, nightly starting at 5 p.m.: *Domestic Disturbance* (PG13) *Heist* (R) *Thirteen Ghosts* (R). Other movies are available and may be shown upon request.

Thursdays.

- Movies at Recreation Center, Building 656, Shown all week upon request 5 p.m. to closing. Other movies are available and may be shown upon request.
- Fitness Equipment Orientation for proper/safe use of Nautilus equipment, cardiovascular machines and the free weights, every Monday, Wednesday and Friday mornings at 9 and 10 a.m., FITNESS Plus, Building 355, Monday, 8 a.m., Nautilus (upper body), 9 a.m., cardio/free weights; Wednesday, 8 a.m., Nautilus (lower body), 9 a.m., cardio/free weights, 10 a.m., Nautilus (upper body); Friday, 8 a.m., cardio/free weights; 9 a.m., Nautilus (upper body); 10 a.m., Nautilus (lower body). For more information, please visit or call FITNESS Plus at 841-1474.

SATURDAY, March 23

- Kindermusik at Armed Services YMCA, spring semester runs every Saturday through June 8, for newborns to age 5. Call Terriann Lane at 846-1331.
- Easter Vigil Mass, Chapel of Hope, 8 p.m.

SUNDAY, March 31

- Chapel of Hope Easter worship services:
 - Catholic mass, 9 a.m.
 - Protestant Services, 8 and 10:30 a.m.
 - All Hands Easter Buffet, Officers' Club. Features appetizer to dessert and everything in between. Cost is \$24.10 for adults, \$11.45 for children 4 to 12 and free for children 3 and under. Seating times available from 11 a.m. to 3 p.m. and must be confirmed at time of ticket purchase. For more information, call 846-7987.

- Sunday Bowling, \$7 per hour, Seaview Bowling Lanes, Building 656. Gather your friends or family and head over for hours of fun every Sunday. Shoe rental is free for children under 12 and bumper bowling available, making this Sunday outing affordable for everyone! Two-person minimum per lane. In addition, the bowling center also has two pool tables, video games and cable TV for your favorite programs or sporting events. For more information, call the Bowling Center at 841-4293.

MONDAY, April 1

- Armed Services YMCA:
 - Fitness Hour, 9 to 10:30 a.m.
 - Basketweaving, 9 a.m. to 1 p.m. Learn to make beautiful basket for your home or to give as gifts. \$24 per person, excludes ties. Make and decorate your own Easter Basket \$5 per child.
 - Kids Sewing No. 2, 4 to 5:30 p.m. A basic sewing class for ages 7 and up. The fees are \$48 for four 90-minute or three 120 minute classes, or \$36 for three 90 minute sessions. Pre-registration and payment required. Call 946-9622.
 - Adult Beginner Sewing No. 4, noon to 3 p.m.
 - "Fitness Walk and Tone," 8 to 9 a.m., Gym 109. New program designed for patrons age 50 and up. Class consists of stretching, muscle toning exercises and a 20-plus minutes of fitness walking around the gymnasium. Classes will be held Monday and Thursday. Cost is \$5 for five weeks! For more information, call the fitness staff at 841-3154.
 - TAMP Seminar begins through April 4, 8 a.m. to 4:30 p.m., Harbor Island Conference Center - Information on employment, benefits and other resources for retiring and separating military personnel and their spouses. For more information, call Fleet and Family Support Center, 841-2283.

TUESDAY, April 2

- Armed Services YMCA:
 - Fitness Hour, 9 to 10:30 a.m.
 - Scrapbooking 9 a.m. to noon. Create beautiful memories. \$5 per child.
 - Stamp-a-Rama, 9 a.m. to noon. Learn to make beautiful gifts and greeting cards. \$10 to make up to three projects or \$5 to stamp.
 - Messy Fingers and Toes, 11 a.m. to noon. Have fun dying and decorating Easter eggs. \$5 each child.
 - Adult Beginner Graduate Sewing No. 3, 6:30 to 8:30 p.m. Make a beautiful bathrobe for yourself or as a gift. Tasks include how to apply a band, patch pockets and belt loops. \$32 per person.
 - Free movies at Officers' Club, 6 p.m., *Kate & Leopold* (PG13); 8 p.m. *The Royal Tenenbaums* (R).

WEDNESDAY, April 3

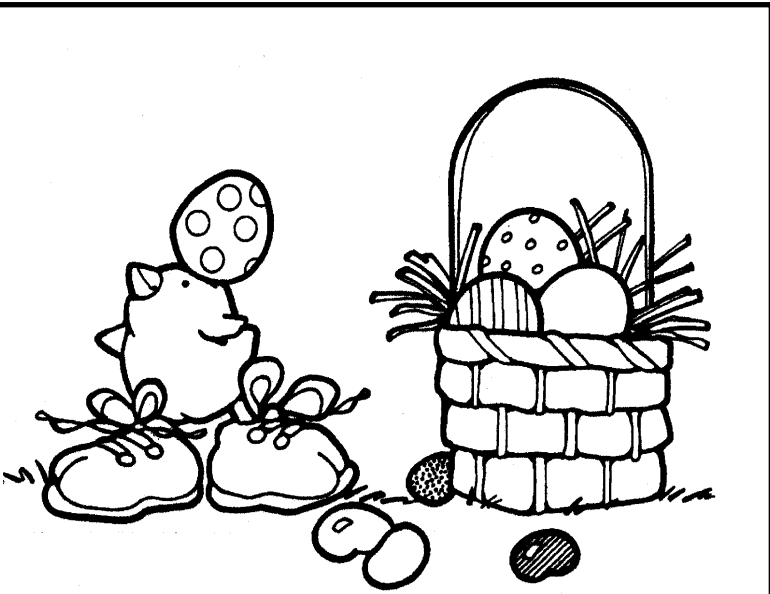
- Armed Services YMCA:
 - Parents Time Out, 9 a.m. to noon. Bring your child(ren) ages 18 months and older to the "Y" while you run errands or enjoy some time for yourself. \$10 for the first child, then \$5 each additional child.
 - Kids Sewing No. 1, 3:30 to 5 p.m. - Kids ages 7 and older learn the basics of sewing, \$48 for four 1-1/2 hour classes; three 2-hour classes; or \$36 for three 1 1/2-hour classes. Call 846-9622.

THURSDAY, March 28

- Armed Services YMCA:
 - Fitness Hour, 9 to 10:30 a.m.
 - Knitting, 10 a.m. to noon. Learn to make beautiful hand-knitted items — Easter Parade and Egg Hunt, 10:30 a.m. to noon. Join your friends for some Easter fun at the "Y." \$7 per child.
 - Kids Sewing No. 1, 2:30 to 4 p.m., and 4 to 5:30 p.m.
 - Adult Beginner Sewing No. 4, 6 to 9 p.m.
 - Homebuyers Workshop, 7 to 9 p.m., Fleet and Family Support Center. Learn about mortgage qualifications and other financial options from a representative of the NFCU.

Upcoming:

- April 5 — Armed Services YMCA:
 - Fitness Hour, 9 to 10:30 a.m.
 - April 5 Spring Fling Walk/Run, beginning and ending at Gym 109. A three-mile run/one-and-one-half-mile walk around Coasters' Harbor Island. All hand invited and encouraged to participate. Refreshment provided. Register at Gym 109. Call 841-3154 for more information.
 - April 6 — Reach Out and Read/Rhode Island presents "A Birthday Party for Winnie the Pooh," 10:30 a.m. to 1 p.m., Trinity Repertory Theater and Books on the Square, 201 Washington Street, Providence. The free outreach promotes early literacy, invites Children bring their bears and parents/adults for readings of original Pooh stories, games, food and other surprises. Call 521-1266 or 253-9933 for more information.
 - April 13 — 60th annual Newport Area Seabee Birthday Ball, 6 p.m., Naval Station Newport, Officers' Club. CNOMC (SCW) Harrell T. Richardson, Naval Facilities Engineering Command and Master Chief of the Seabees will be the guest speaker. For tickets or more information, contact BUC(SW) Bellamy or YN1 Newman, 841-6220.
 - April 28 — Salute to Rhode Island Military Women, (reception, noon), Crowne Plaza Hotel, Warwick, R.I. Dinner, 1:30 p.m. Guest speaker, Newport Native Rear Adm. Barbara McGann, Provost, Naval War College. \$40 per person payable to RIROA, Lt. Col Dennis Morgan, 432 Buchanan Street, Pawtucket, R.I. 02860, (401)724-3913.



NEX celebrates winners of Easter coloring contest

The Navy Exchange Easter Coloring Contest winners follow:

Age group, 3-5

1. Sydney Newham
2. Annan Gass
3. Alexis Calandra

Age group, 6-8

1. Sarah McAfee
2. Korima Espinet
3. Caroline Simmons

Age group, 9-10

1. Jessica Wilder
2. Meghan Moore
3. Courtney Glass

The Armed Services YMCA/Morale Welfare and Recreation Department Easter Egg Hunt will be held tomorrow, March 30, at 10 a.m. at the Recreation Center, Building 656. The hunt is open to children ages 7 and under of active duty military personnel.

The festivities will include three egg hunts (ages 2 and under; 3 to 4; and 5 to 7) with prizes awarded for each egg found, plus various other children's activities, prizes and refreshments.

For more information, call 846-9622 or 841-4992.



LIVE JAI ALAI IS HERE!
Don't Miss This Off The Wall Action.

NEWPORT GRAND

MATINEES:

Sunday	@ 1:00 pm
Saturday	@ 12 noon

EVENINGS:

Thursday	@ 7:00 pm
Friday	@ 7:00 pm
Saturday	@ 7:00 pm

FREE ADMISSION, FREE PARKING & FREE PREFERRED BETTORS CLUB
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Open daily at 10:00 a.m. • You must be 18 to be admitted

Fleet and Family Support Center

Careful preparations help to smooth move

Whether your orders call for a move within the United States or to a location overseas, it is never easy to leave family and friends behind and find your niche in a new community.

A good attitude and thoughtful preparation can go a long way toward making the process easier. An orderly approach also can minimize stress and save you time and money. While no move is without its difficulties and annoyances, careful planning can often be the difference between a routine relocation and financial and emotional hardship.

Checkbook Balancing Workshop — A representative from the Navy Federal Credit Union will provide you with the "ins and outs" of checkbook balancing at the Fleet and Family Support Center on Thursday, April 4, from 11:30 a.m. to 1 p.m. The workshop also will feature information on automatic teller machine transactions, VISA Debit transactions, check holds and returned check charges and fees.

For information and to register for this workshop, call 841-2283.

Relationship Enhancement — The Fleet and Family Support Center is conducting a workshop for individuals and couples who would like to learn some proven ways to improve communication in their personal relationships. The five-session workshop begins Tuesday, April 23, from 6 to 8:30 p.m.

Call 841-2283 to register.

Stress Management 101 — Stress Management 101 is scheduled for Thursday, April 25, from 11:30 a.m. to 1:30 p.m., at the Fleet and Family Support Center. If you sometimes have problems coping with day-to-day situations, or just need some relief from stress on the job or at home, then this workshop is for you. Learn how to assess your stress level, increase stress relief skills to avoid burnout, and learn how to regain control of stressful situations.

Call 841-2283 to register.

Homebuyers Workshop — Come to the Fleet and Family Support Center on Thursday, April 25, from 7 to 9 p.m., and meet with a representative from the Navy Federal Credit Union to hear first-hand about qualifications for mortgages and other financial options. Home-buying information for all areas of the United States is available at this workshop.

Registration is required and may be made by calling 841-2283.

Personnel Seminar for retired military

WARWICK — The 30th annual Retired Military Personnel Seminar is scheduled for Saturday, April 27, at the Crown Plaza Hotel at the Inn at the Crossings.

The seminar will run from 7:30 a.m. to 12:30 p.m., and is open to all area military retirees and their dependents.

The speaking program begins at 9 a.m., and will feature guest speakers from several organizations including Defense Finance and Accounting Service; Veterans' Administration; Naval Ambulatory Care Center; R. I. Department of Elderly Affairs; and the Secretary of the Navy Committee on Retired Personnel.

In addition to the guest speakers, many organizations will have information booths in the foyer.

The Crown Plaza is 3.5 miles from T. F. Green Airport. From I-95 North or South, take Exit 12A, bear right, and the driveway is on the right.

The Naval Station Newport coordinator is Mary K. Silvia, Director of the Fleet and Family Support Center. For more information, call (401) 841-2283.

Holy Week services

The Chapel of Hope at Naval Station Newport has posted the remainder of its Holy Week schedule:

Tuesday
Noon, Protestant service
3 p.m., Roman Catholic Stations of the Cross and Reading of the Passion

Saturday
8 p.m., Easter Vigil (Roman Catholic)

Sunday
8 a.m., Protestant service
9 a.m., Roman Catholic mass
10:30 a.m., Protestant service (No noon mass)

VIP recognizes avid volunteers

The Fleet and Family Support Center is seeking nominations for the 2002 Very Important Patriot (VIP) Program, sponsored by the National Military Family Association, (NMFA) Inc. This program recognizes exceptional volunteers whose outstanding service contributes to improving the quality of life in their military and neighboring communities.

Active duty, guard, reserve, and retired members of the seven uniformed services and their family members and survivors are eligible to receive the award. Candidates must have verifiable com-

munity volunteer activity.

Nomination forms are available at the Fleet and Family Support Center. Completed nominations must be returned to the Fleet and Family Support Center, postmarked no later than Monday, April 15.

Judging will be based on the effect the candidate's activity has had on the quality of life of people living in the community. A panel will select up to five nominations to submit to the NMFA VIP Program. Each of the five VIP recipients and a companion is flown to Washington, D.C., to be honored. During their stay, they will receive a cash award of \$1,000; meet with senior leaders of the individual services; visit with their elected officials on Capitol Hill; and attend the NMFA Annual Meeting and Luncheon where they will meet with the sponsors of the VIP Program. Award winners will be notified in early June 2002.

Additional information or nomination forms may be obtained by contacting Elaine Fleming, life skills education specialist, at FFSC, at 841-2283.



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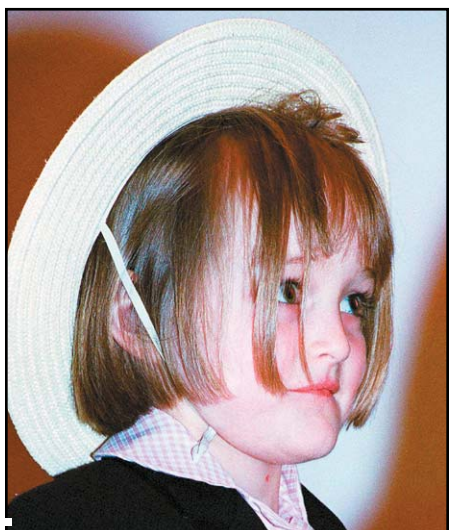
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Eye to eye

RIGHT :Trini and Paula Hernandez of Spain perform a native dance on stage during the International Show of Dress at Pringle Hall, Naval War College, last week. It was sponsored by the Naval Command College's Class of 2002.

BELOW: Karyn 'Minky' Buckland of the United Kingdom wears a straw bonnet.



BEAUTY IN MOTION —Kornkanok Wongtrakoon of Thailand performs a native dance of her country.

Command College shows true colors

By CMDR. GEORGE COX
Naval Command College

The Naval Command College Class of 2002 held the traditional International Show of Dress on March 22 in Pringle Auditorium at the Naval War College.

Officers and families from 35 different countries donned authentic costumes from their homeland, and performed folk dances, songs and more, putting on a show that made the recent Academy Awards pale in comparison.

The event was organized by Cmdr.

Sulaiman from Malaysia, Cmdr. Greg Sammut from Australia, Col. Khalid Al Mahmoud from Qatar, Cmdr. Philippe Petitdidier from France, Mrs. Mary Ann Bertrand from Canada, and Mrs. Joan Buckland from the United Kingdom.

The International Show of Dress has been a tradition at NCC since the college's inception by in 1956, though it has grown into a highly-anticipated event, as many witnessed

DRESS, Page 9



FAMILY GATHERING — Kanyinsola, Gbemisola, Feyisayo and David Alabi show their native robes of Nigeria.

Dress

Continued from Page 8

during this show.

Preparations actually began before many of these families arrived in the United States., as decisions were made on what to pack just for this particular night.

The master of ceremonies role was filled by Cmdr. Sulaiman from Malaysia and Mrs. Buckland.

The entire night was exceptionally choreographed, from the opening song, *Let There Be Peace on Earth*, performed by more than 40 Naval Command College children, to the closing scenes, which included all the officers singing a NCC 2002 version of *Anchor's Aweigh*.

Attending the program was Rear Adm. Barbara McGann, Provost of the Naval War College; retired Rear Adm. and Mrs. Joseph Strasser, as well as over 100 sponsors, friends and staff members. Following the show, the crowd retired to the Mahan Rotunda for a variety of dishes prepared by the families.

Countries represented included: Argentina, Australia, Brazil, Canada, Chile, the Dominican Republic, Egypt, France, Germany, Greece, India, Israel, Italy, Japan, Korea, Latvia, Malaysia, Mexico, the Netherlands, Nigeria, Norway, Peru, Qatar, Saudi Arabia, Senegal, Spain, Taiwan, Thailand, Tunisia, Turkey, the United Arab Emirates, the United Kingdom, United States, Uruguay and Venezuela.

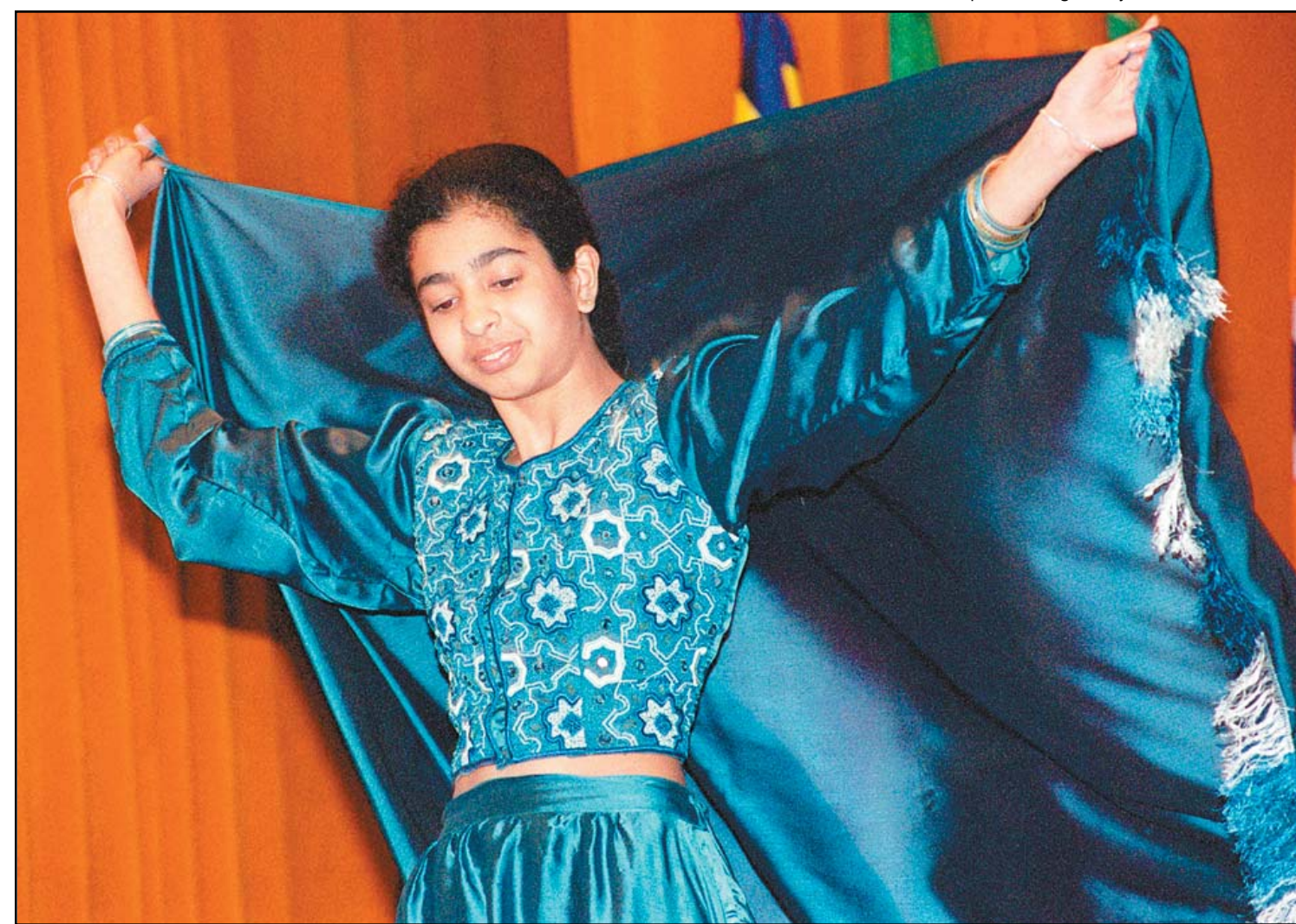


IMAGE OF INDIA—Palna Luthra displays some colorful costume and fabrics of India.



SIBLINGS Ozgur and Ozden Ozzeybek perform a native dance of Turkey. They are the children of Bulent Ozzeybek.



DRESSED FOR CEREMONY — Elisa, Saul and Leisa Schwarz show the bright ceremonial costume of Venezuela.



FROM LAND OF THE RISING SUN—Takayuki Takahashi of Japan models a kimono while her mother, Atsuko Takahashi, looks on.



GO ITALIAN — Giovanni Ferrari sports a casual Italian look.

PHC (AW) Jon Hockersmith
/U.S. Navy photos

Naval Station Newport Clubs

BINGO is now even better

Lunchtime BINGO at the Recreation Center, Building 656 is the place to be every Thursday and Friday. Cover all the numbers on your BINGO card within the designated amount of numbers called and you will win \$500!

If no one wins, play continues until a good BINGO is called, winning that lucky person \$100!

Don't forget, if the jackpot isn't won another \$10 and another number is added for the next week—making the stakes even higher and the prize even richer! You won't want to miss the 12:30 p.m. Jackpot game on either day!

There are still three regular games each day with \$30 prizes for every BINGO called and the Recreation Center serves lunch beginning at 11 a.m., so, bring your appetite for delicious food AND winning.

For more information or to order take out, call the Recreation Center at 841-2575.

Officers' Club

Kick off the weekend tonight from 5 to 7 with complimentary hors d'oeuvres in the Topside Pub. This buffet is kept well stocked with a variety of your buffet favorites and a huge selection of beverages.

For more information, call 846-7987.

You still have time to purchase tickets for a Newport O'Club tradition: the annual Easter Sunday Buffet on Sunday, March 31, beginning at 11 a.m.

The buffet will feature dozens of appetizer and salad bar items, a variety of breads, several main dish selections and more dessert choices than you can imagine.

Bring a camera and take pictures of your children with the Easter bunny! Tickets are still available at the Officers' Club Gift Shop. Cost is \$24.10 for adults, \$11.45 for children 4 to 12; and free for children 3 and under. Ticket prices include gratuity and all tickets must be purchased in advance. Seating times are available from 11 a.m. to 3 p.m. and must be confirmed at time of ticket purchase. For more information call 846-7987.

Please note—Gratuity is included in ticket prices. For more information, call 846-7987.

You know Mom deserves the best, so purchase tickets today to the best Mother's Day buffet around on Sunday, May 12! Treat mom to our traditional, all-you-can-eat buffet featuring over a dozen main dish selections, a huge salad and appetizer bar, delicious homemade specialty breads, a decadent dessert and pastry bar, and much more.

Lobster happy hour adds calypso music

With refreshing beverages, fresh seafood and tropical music you'll swear you're in the sunny islands at the Officers' Club extra special Lobster for Happy Hour event, April 4.

Listen to calypso/island music by Hip Logic as you dine on one-plus pound boiled lobsters, a pound of hot and spicy chicken wings, giant Idaho baked potatoes and fresh garden salad for a price you won't

find anywhere else!

The ballroom and beverage stations will be open at 4 p.m. so come early and get a good seat. "Lobsters for Happy Hour" are available from 5 to 7 p.m., and the pub menu will also be available at 5 p.m.

Hip Logic will perform from 5:30 to 8 p.m.

This special event is great for the whole family, so come



down and kick off the weekend with great food and fun music by Hip Logic. For more information, call 846-5111.

Seatings are available from 11 a.m. to 3 p.m. and must be specified when you purchase your tickets. Tickets cost \$26.95 for adults, \$11.95 for children 4 to 12, and free for children 3 and under.

(PLEASE NOTE—Gratuity is included in ticket prices and brunch cards are not valid on this day).

Call 846-7987 for more information or to purchase tickets today!

Shake-off the winter blues and welcome spring with tickets to a fabulous Shrimp Feast, Friday, April 12 from 5:30 to 9 p.m. at the Officers' Club! Tickets are now on sale for this huge shrimp-lover's event!

Enjoy thick-with-shrimp bisque, salad, and warm dinner rolls before you dig into the all-you-can-eat shrimp buffet featuring shrimp cocktail, baked stuffed shrimp, jumbo shrimp scampi, grilled lemon pepper shrimp, Louisiana BBQ shrimp, three-alarm shrimp, table-served golden-fried split-tail shrimp and more!

Tickets cost \$29.85 for adults, \$11.45 for children (4 to 12), and, as always, children 3 and under are free.

Please note — Gratuity is included in ticket price.

Seating reservations are required and must be made at time of ticket purchase. Call 846-7987 to purchase tickets or for more information.

Ronnie Rose, one of Rhode Island's finest entertainers, is coming to the MWR Officers' Club for an extra special evening of fine dining, music and dancing on Friday, April 19.

Our chefs have pulled out all the stops for this "Swing into Spring" dinner show with a menu that is sure to please! The gourmet feast features wild mushroom soup, fresh spinach

salad with honey Dijon dressing and mouth watering buffet selections such as veal Newport, chicken Francais, grilled tenderloin au poivre, lamb with Frangelico sauce and baked halibut with whole tomato and leeks in beurre blanc.

Eat as much as you want because you won't be able to sit still once Ronnie Rose hits the stage at 7 p.m.!

Cocktails (cash bar) and hors d'oeuvres will be available at 6 p.m. and dinner begins at 6:45. Tickets, including gratuity, are \$24.10 per person and may be purchased at the O'Club Gift Shop or by phone using Visa/MC. To purchase tickets to this or other dinner shows, or for more information, please call 846-7987.

The Officers' Club is pleased to present a prime rib feast, featuring succulent, hand-carved choice beef on Saturday, April 27 from 5:30 to 9 p.m. Tickets are on sale now for this Meat-lovers feast. Choose your preferred size rib — Cattleman Cut, Queen Cut, or English Cut — and it will be carved to order for you.

This beefy meal also includes grilled honey-lemon chicken, broiled swordfish kabobs over rice pilaf, garlic mashed and twice-baked potatoes, and much, much more. Starters include an assortment of warm breads, soup du jour, and a jumbo salad bar.

Tickets cost is just \$21.80 for adults, \$5.15 for children 4 to 12, and children 3 and under are free.

The Officers' Club is pleased to present, the New Barleycorn Band in a dinner show sure to please all your senses, on Friday, May 3!

First, dine on delicious cuisine, including fresh broiled scrod, chicken Marsala, carved to order London Broil with béarnaise sauce, long grain and wild rice,

red bliss garlic mashed potatoes and fresh roasted vegetables. Then, spend the rest of the evening enjoying Irish music, song and laughter with the New Barleycorn's unique live show. This is truly a special event!

Cocktails (cash bar) and hors d'oeuvres will be available at 6 p.m. and dinner begins at 6:45 p.m. Entertainment will be from 8:30 p.m. to 12:30 a.m. Adult ticket for dinner, show, and gratuity, is \$25 per person; adult ticket for show only is \$10; child ticket for dinner, show, and gratuity, is \$12.50; child ticket for show only is \$5.00. All tickets may be purchased at the O'Club Gift Shop or by phone using Visa/MC. To purchase tickets to this or other dinner shows, or for more information, please call 846-7987.

Recreation Center

The Morale, Welfare and Recreation Department's Computer Café, located in the Community Recreation Center, Building 656, is now open at 6:30 a.m., giving you even more opportunity to stay connected!

You can send and receive e-mail, surf the web, play games, watch television and enjoy a snack or meal from the Recreation Center kitchen.

The computer center is open seven days a week and computer use is still free, so it's never been so easy or affordable to keep in contact with friends and family! Current hours of operation are: Monday through Thursday, 6:30 a.m. to 11 p.m., Friday, 6:30 a.m. to midnight, Saturday, 11 a.m. to midnight and Sunday, 9 a.m. to 10 p.m.

Call 841-2194 for more information.

Eat, Drink and Play: The Computer Café at the Recreation Center opens at 6:30 a.m., Monday through Friday, and offers a deli-

cious breakfast menu featuring sandwiches, bagels, croissants and even pancakes—all available for take-out!

Have a little more time? Come on in, sit down for a cup of coffee and eat, drink and play—it's a great way to start your day!

For more information or to place an order, call 841-2575.

Enlisted Lounges

The original reality based show Survivor is back at the beach, this time from "paradise" on the island of Marquesas, a distant neighbor of Tahiti in the South Pacific. Watch at the Recreation Center, every Thursday night starting at 8 p.m. and see who survives. Cast your ballot on who will be the next one "Pitched out of Paradise," by 8:45 p.m. and you could win!

At the conclusion of the show the bartender or manager on duty will begin pulling the ballots. The first correct answer will win! The winner at the Recreation Center will receive a gift certificate for a fish 'n chips dinner. You must be present to win and there will be one winner for each episode. Contest will take place every Thursday through the final episode.

Come on out and see if you can outwit, outplay and outguess your fellow viewers. Call 841-2575 or 841-3054 for more information.

What about lunch? Stop by the Recreation Center, Building 656, today and get a delicious lunch at a price that can't be beat!

The kitchen opens at 11 a.m. and serves sandwiches, burgers, soups and salads. We've got the best creamy white, New England-style clam chowder around.

You can still enjoy a complete steak dinner including potato and salad, on Thursdays and fresh, delicious fish 'n chips on Fridays. Lunch is open to all hands and Department of Defense civilians are always welcome. Call 841-3054, for advance orders or for more information.

Every Friday — Enjoy complimentary unlimited use of the pool tables from 1 to 5 p.m. Head over early and enjoy a delicious lunch including a fish 'n' chips special. The lunch menu also includes sandwiches, burgers and more. For more information or take-out orders, call 841-3054.

Visit the Enlisted Lounges at the Recreation Center, Building 656, every night of the week for great money-saving specials! Order off our delicious pub menu, featuring burgers, salads, sandwiches and more every Monday. For more information, call 841-3054.

Ticket Connection

We've got your tickets to Red Sox!

Take your family out to the ball game with great box seats in Fenway Park, home of the Boston Red Sox.

The Morale, Welfare and Recreation Department Ticket Connection is pleased to announce the availability of four upper and four lower box seat tickets for each weekend home game of the Boston Red Sox, as well as for Opening Day and the Patriot's Day holiday game. Both boxes are located behind and a little to the left of home plate.

Remaining tickets are on sale at the Ticket Connection, Building 656, to all authorized Department of Defense personnel.

Tickets must be purchased in multiples of two and will be limited to four tickets per person, per day. Upper box seat tickets are priced at \$59 each; lower box tickets are priced at \$65 each.

Phone orders will not be accepted. For more information call 841-3116.

If you love New York, get on our bus

There's no city on Earth like the Big Apple and the Morale, Welfare and Recreation Department Ticket Connection is going to take you there on Saturday, April 13!

Shop for the latest spring fashions, visit the newest exhibit at a museum, or catch a Broadway show for half-price with tickets from the Times Square ticket booth — the choice is yours!

Trip price is just \$43 per person and the bus will depart at 7 a.m. from the grassy area outside of Gate 4 and is scheduled to return at approximately 11 p.m. Register at the Ticket Connection, Building 656, or call 841-3116 for more information.

The circus is coming!

Lions and tigers ... and clowns and more of "the greatest show on earth," are coming to the Dunkin' Donuts Center in Providence!

That's right, the Ringling Bros., Barnum and Bailey Circus is coming and the Ticket Connection, Building 656, has preferred seating for the 11 a.m. show on May 4, and the 1 p.m. performance on May 5. Tickets cost just \$17 for adults and children ages 3 and older. Tickets must be purchased by April 22 and we reserve the right to limit quantities.

This is a must see event, sure to delight all ages, so don't disappoint your family—buy your tickets today! For more information, call the Ticket Connection at 841-3116.

Pawsox home game ticket vouchers

You can catch terrific baseball action close to home in Pawtucket at recently renovated McCoy Stadium.

The Ticket Connection, Building 656, has discount ticket vouchers for all regular season Pawtucket Red Sox home games. General admission seat vouchers cost \$4.25 each and box seat vouchers are just \$7 each. For best available seating, redeem all vouchers to this season's games on your first visit to the box office.

These vouchers make a terrific gift for the sports fan in your family—and at such affordable prices, there doesn't have to be a special occasion! Pick yours up today! For more information, call 841-3116.

Army Veterinary Clinic

Is your pet licensed?

Did you know that you are required to license your dog annually in April with the town in which you reside—even if you live in housing? In order to license your pet, you must present proof of current rabies vaccination (good for up to two years maximum in Rhode Island).

The U.S. Army Veterinary Treatment Facility, Building 303, provides vaccination services for active duty and retired military family pets.

Please note that children under 12 are not allowed in the clinic and may not be left unattended outside of the clinic. For more information or to make an appointment, please call 841-3994.

Cat identification law

Do you own a cat? If so, did you know that Rhode Island law requires that all cats wear identification?

This law is intended to assist in returning lost cats and to protect the public from rabies (unidentifiable animals may be quarantined, etc.). Identification can be a collar and tag, rabies tag, tattoo, microchip, or any combination of those means. Please visit the U.S. Army Veterinary Treatment Facility in Building 303, or call 841-3994 for more information.

Gear Rental

Get gardening supplies for spring

Spring is here, and it won't be long before you'll want to get your lawn or garden in shape. Visit Gear Rental, located in Building 303 and get the tools you need!

Rent a rototiller and put in that new lawn or garden today! Great selections of gardening tools are also available for rent. Why buy when you can rent at affordable rates right here on base? For more information, call 841-2568.

Equipment for spring skiing here

Don't be left out of spring skiing just because you don't have the right equipment! Gear Rental, Building 303, has a complete line of rental skis and snowboards. We also have ladies figure and men's hockey skates.

This year Gear Rental has added Headliner Ski Boards, the latest in extreme winter sports. We still offer high quality ski accessories, tuning services and ice skate sharpening for \$3 a pair for military personnel and \$4 for DoD civilians.

Receive a complimentary copy of *Ski Press* and other information about New England winter sports when you visit Gear Rental. Get your gear and have some winter fun in New England! For more information, call 841-2568.

Rent skates here for outdoor rinks

Going to the Born Family Skating Rink downtown, or to the Fleet Skating Center in Providence? Visit Gear Rental before you go and rent skates for just \$3 (military)! Gear Rental also has a full-line of skis and snowboards for rent, making it easy for you to get out and enjoy winter sports! Call 841-2568 for more information.

Tune-up skis and snowboards here!

Get your skis and snowboards in shape by bringing them to Gear Rental, Building 303. The staff at Gear Rental will sharpen and wax them to perfection so your skis will be ready to go when you are! For information, please call 841-2568.

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Attend our free Financial Planning Seminar
Wednesday, April 3rd, 2002

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Bob McCall

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Keeping the Faith

Let us embrace season of renewal

By CHAPLAIN (LT.) D. STALLARD
Naval Chaplains School.

The weather during March is very unpredictable. Just the other day I decided to ride my bicycle to Naval Station Newport from Melville housing. As I pedaled along Defense Highway coastline the sun was rising and the sky was clear. It simply could not have been a more beautiful morning. Yet, when I arrived on base the sky turned dark, the temperature dropped and it began to snow.

Whether March "comes in like a lamb and out like a lion," or vice versa, "spring" still begins around March 20 every year. The earth longs for renewal and resurrection.

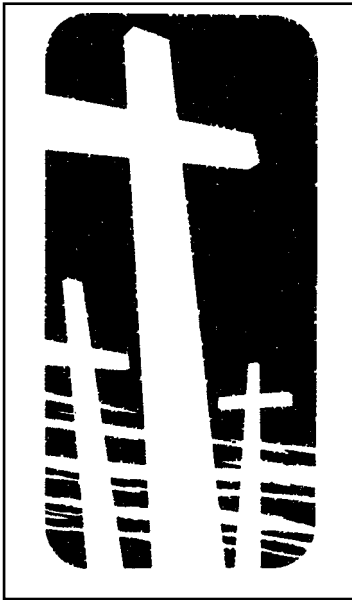
Signs of spring are all around us:

crocuses blooming, rebuds swelling and birds chirping. Martin Luther once wrote, "Our Lord has written the promise of resurrection, not in books alone, but in every leaf in springtime."

Springtime not only marks the renewal and resurrection of the earth after a long winter, but for Christians it is a time of celebrating the resurrection of Jesus Christ on Easter.

Lent begins the Easter season marking 40 days of spiritual preparation through practicing the disciplines of prayer and fasting.

One week before Easter many Christians celebrate Palm Sunday. They remember Jesus' humble yet triumphant entry into Jerusalem at the beginning of the Jewish Festival of Passover. Jesus' last week before His death on Good Friday was filled with highs and lows, anger and sadness, fear and joy. In Jewish tradition springtime marks the season



of "first fruits." This was a time, according to Mosaic Law, when individual Israelites brought to the House of the Lord the first or best fruits of the land.

Often the Jewish people would bring to the temple the first sheaf of barley that sprang forth to show that all things come from God and belong to God. The book of *Proverbs* promises prosperity to those who honor the Lord with their firstfruits (*Prov. 3:9*). In the Christian scriptures, Jesus in His resurrection is described as the "firstfruits" of those who are dead. Jesus' resurrection represents for Christians the hope of eternal life.

Since Sept. 11 I have watched the flags of freedom wage longer and higher. I have heard the cry of faith "One nation under God" over and over again. One of the great aspects of being a citizen of this great nation is our "freedom." Our first amendment rights give us the individual freedom of religion, speech, assembly, press, and redress.

In these civil liberties we can chose to embrace or not to embrace a particular worldview or a religious belief system. Our nation is built upon the fundamental principle that we are a free people in a free nation. I find a lot of encouragement in knowing that I live in a land that allows me to believe in a particular way and the freedom to share my faith without encroaching upon the rights and liberties of others.

As we enter spring I encourage you to reflect upon life and sense the season of renewal. God bless and may your spring be filled with joy.

Naval Dental Center Northeast

It's wise to remove wisdom teeth

By LT. SUHO LEE
Naval Dental Center Northeast

Your wisdom teeth (third molars) are the last teeth to emerge from your gums during your late teens, or "age of wisdom," which gives them their name. But wisdom teeth aren't really so wise. They often become trapped (impacted) in the jawbone and gums and fail to erupt, or emerge, as straight and fully functioning teeth.

Impacted wisdom teeth nearly always have to be removed.

Why do we have wisdom teeth at all if they have to be removed so often?

Very simply, because human beings once had tougher diets, and they needed larger jaws and more teeth to chew their food. But as time progressed, our diets became softer and more refined. Because we no longer needed large jaws for strenuous chewing, the jaw failed to develop, leaving little room for the third molars. Today, there are some adults who

never develop wisdom teeth and perhaps in the distant future we won't have to worry about them at all.

Wisdom teeth that aren't painful seem harmless enough, but if they are not removed early, they often cause the following problems.

Infection (Pericoronitis)—The mouth is full of bacteria that normally does not get past the protective layer of the gums. But when an impacted tooth breaks through the gum's surface, bacteria can get in, causing an infection in the gum around the crown of the tooth. This infection can cause severe pain, swelling, stiffness of the jaws and even general illness.

Destruction of the next tooth—An impacted tooth may still try to grow where it has no room, eroding the tooth next to it. This is called resorption. Eventually this could lead to the loss of both teeth.

Pain—Infection in a decayed wisdom tooth or in the gum

around an impacted tooth can cause pain. If a decayed wisdom tooth is not in a healthy position or if it is not restorable, your dentist may recommend its removal. An impacted tooth can also cause pain if it presses against a nerve or the next tooth.

Crowding—An impacted tooth can crowd nearby molars out of alignment. If you are undergoing orthodontic care, your orthodontist will probably recommend that your impacted wisdom teeth be removed.

Cysts — When a tooth is impacted, the sac around the crown remains in the bone. Occasionally, the sac fills with fluid, forming a cyst that can destroy the bone and endanger surrounding structures.

Removal of wisdom teeth is a very common procedure. Your dentist can analyze your x-rays and discuss the diagnosis with you.

He/she can provide you with information about the surgical treatment of your impacted teeth.

Recreation

Fitness Walk, Tone aimed at our age 50+

Hit the prime of your life in prime condition with "Fitness Walk and Tone," a new Morale, Welfare and Recreation Department-sponsored program designed for patrons age 50 and up.

This class consists of stretching and muscle toning exercises as well as 20-plus minutes of fitness walking around the gymnasium. Classes will be held Monday and Thursday 8 to 9 a.m. in Gym 109 beginning April 1.

You can't pass on this deal — just \$5 for six weeks! For more information call the fitness staff at Gym 109 at 841-3154.

Spring fling walk/run

Welcome spring with a special "Spring Fling" Run/Walk on Friday, April 5! Come out and join your co-workers for a three-mile run and one and a half mile walk that will take you around Coasters' Harbor Island, beginning and ending at Gym 109. This event is open to all active duty, retirees, reserve personnel, DoD civilians and all family members.

Registrations are being accepted at Gym 109 and will also be accepted the day of the race. For more information, call 841-3154.

Intramural volleyball

Adults age 18 and over are invited to register for the NAVSTA Intramural Volleyball League that began Monday, March 25. Matches will be played Monday through Friday at 5:15, 6:15 and 7:15 p.m. on court 2 at Gym 109.

Active duty, retirees, reservists, dependents and DoD civilians are welcome to participate. There is a \$100 refundable forfeit fee and a \$15 DoD civilian fee. Only three DoD civilians are allowed per team. All teams must have shirts with numbers by the first game. Interested parties may register Gym 109 through April 8. For more information, call Jim Gauch at 841-3154.

Be a treadmill 'Trek' star

Need to spice up your treadmill workout? Try trekking—a new, total treadmill workout, now available at Fitness Plus! Trekking is a group fitness class set to music, designed for runners, walkers and people of all fitness levels!

This class meets Wednesday mornings from 6 to 7 a.m. and is limited to the first six participants. For more information, contact Fitness Plus at 84 1-1474.

Navy Prep baseball team meets legendary 'top gun'

By LT. CMDR. T. ALLVORD
NAPS Head Baseball Coach

CORONARDO, Calif. —The Naval Academy Preparatory School baseball team has done more than play baseball games on the West Coast this week.

Yesterday, they had a once in a lifetime opportunity to meet one of the most highly decorated naval flight officers of the past 50 years — William "Willy" Driscoll at North Island Naval Air Station.

Driscoll and his former pilot, U.S. Congressman Randall "Duke" Cunningham, are members of the Navy's first and only team of "aces" with five enemy planes downed during the Vietnam War.

Driscoll played baseball at Stonehill College in North Easton, Mass., before he flew Navy jet fighters for 20 years. He logged

more than 3,300 hours and over 500 carrier landings.

While flying over 170 combat missions over Vietnam he earned the following major awards: the Navy Cross, two Silver Stars, the Purple Heart, eight Air Medals, and a nomination for the Medal of Honor.

His experience made him a natural selection as a "Top Gun" instructor for four years. Recalled to Naval service in 1990, he has continued to teach as an "Air Combat" expert.

During the NAPS baseball spring training trip to San Diego last year, he made a significant impact on the 15 young midshipmen candidates who were lucky enough to enjoy a private seminar with him. This year, he gave his seminar to a multitude of aviators from all ages and aircraft types at the VS-41 auditorium.

Weinberger

Continued from Page 2

President Bush has asked for a \$48 billion defense budget for 2003, he said. Though that is less than the budget at the start of the Persian Gulf War, it will help reverse the "procurement holidays" and lag in research and development over the past two or three years.

"The basic problem is people in democracies don't like to spend money on defense," he said. "But when you neglect, you're forced to implement drastic increases in a short time."

In his address to Class 147, Weinberger tasked the young ensigns and junior grade lieutenants with a new duty as officers: to become advocates of their military careers, and to cultivate the support of the American people and Congress.

"Recognize that part of your career is dealing with international issues," he said. "Be willing to spend time advocating what you're doing."

"So in addition to your core values of honor, courage and commitment, I would add diplomacy," he said. "This role should not be unwelcome."

He told the young officers that they are the front cutting edge, and, with the other armed services, have noble and vital work ahead.

"It is the whole foundation on which peace and freedom will rest for generations."

Weinberger then participated in the graduation ceremonies, presenting special awards to top graduates and diplomats. He later posed with graduates for pictures during a reception.

Also participating in the graduation were Capt. Ronald Brinkley, Commanding Officer, SWOSCOLCOM, and Cmdr. David A. Labarbera, Director of the Division Officer Course.

Many of the graduates demonstrated superior performance during the 16-week curriculum.

Ens. Jonathan G. Seavey was awarded the Admiral Arleigh Burke Award, the highest award given to a Division Officer Course graduate. It is given to the one student who is nominated by his or her classmates and the Division Officer Course Staff for exhibiting the finest professional characteristics and leadership as exemplified in the common traits of successful leaders in the fleet.

Ens. Kevin D. Culver was awarded the U. S. Navy League Achievement Award for professionalism and performance.

Ens. Antonio L. Scinicariello achieved the highest grade point average overall and the highest grade-point average in the Combat Systems and Operations por-

tions of the curriculum.

Ens. Joseph L. Caldwell achieved the highest grade-point average in the Engineering portion of the curriculum.

The graduating students and their follow-on duty commands were:

Ensign Thomas P. Abbott, USS Kinkaid (DD 965)
Ensign Michael P. Aiena, USS Robert G. Bradley (FFG 49)
Ensign Matthew M. Alaniz, USS Chancellorsville (CG 62)
Ensign Janelle M. Alexander, USS Elliot (DD 967)
Ensign Dawn C. Allen, USS Paul Hamilton (DDG 60)
Ensign Jesse P. Alvarez, USS Fife (DD 991)
Ensign Mark D. Anderson, USS Mason (DDG 87)
Ensign Amalson M. Aneson, USS Germantown (LSD 42)
Ensign Vincent M. Aquino, USS Bulkeley (DDG 84)
Ensign Eric D. Baebler, USS George Philip (FFG 12)
Ensign David C. Banschbach, USS Shiloh (CG 67)
Ensign Archie L. Barber, USS O'Bannon (DD 987)
Ensign James E. Baynard, USS Yorktown (CG 60)
Ensign Bradley T. Becker, USS Lassen (DDG 82)
Ensign Joshua M. Berkowitz, USS Preble (DDG 88)
Ensign David T. Blair, USS Hawes (FFG 53)
Ensign Courtney A. Blake, USS Rushmore (LSD 47)
Ensign Reuben Blofstein, USS O'Brien (DD 973)
Ensign Brian M. Bourgeois, USS Black Hawk (MHC 58)
Ensign Brian B. Brodin, USS John L. Hall (FFG 32)
Ensign Cullen J. Brokaw, USS Iwo Jima (LHD 7)
Ensign Jody D. Bronaugh, USS Fort McHenry (LSD 43)
Ensign Christopher A. Cadle, USS Whidbey Island (LSD 41)
Ensign Joseph L. Caldwell, USS Reuben James (FFG 57)
Ensign Michael R. Carona, USS Simpson (FFG 56)
Ensign Harold R. Carver, USS Carney (DDG 64)
Ensign Larrison D. Cassidy, USS Cape St. George (CG 71)
Ensign Donnie W. Gates, USS O'Bannon (DD 987)
Ensign James M. Cena, USS Fife (DD 991)
Ensign Kerri B. Chase, USS Russell (DDG 59)
Ensign Jeremiah J. Cheatum, USS Anti-etam (CG 54)
Ensign Douglas P. Clark, USS Lake Champlain (CG 57)
Ensign Jeffrey A. Clark, USS Boone (FFG 28)
Ensign Paul K. Cocker, USS John L. Hall (FFG 32)
Ensign Richard R. Colie, USS Shoup (DDG 86)
Ensign William M. Collins, USS Anzio (CG 68)
Ensign Kelly A. Colloton, USS Arleigh Burke (DDG 51)
Ensign Eric A. Coop, USS Bridge (AOE 10)
Ensign Jeffrey B. Cornes, USS Underwood (FFG 36)
Ensign Isahi Cortes, USS Saipan (LHA 2) (LPD 14)
Ensign Melissa V. Cotter, USS Trenton (DDG 58)
Ensign Heather E. Davenport, USS Port Royal (CG 73)
Ensign Joseph B. Davis, USS Port Royal (CG 73)
Ensign Jorge A. De Los Reyes, USS Halyburton (FFG 40)
Ensign Christopher J. Dehaan, USS Oscar Austin (DDG 79)
Ensign Timothy M. Derbyshire, USS Ger-

mantown (LSD 42)
Ensign Melody A. Dotson, USS Anzio (CG 68)
Ensign Patrick C. Drain, USS Comstock (LSD 45)
Ensign Kevin C. Ducharme, USS Anzio (CG 68)
Ensign Austin W. Duff, USS Mccampbell (DDG 85)
Ensign John P. Dunn, USS Samuel B. Roberts (FFG 58)
Ensign Nathan A. Durika, USS Seattle (AOE 3)
Ensign Ryan T. Easterday, USS Gary (FFG 51)
Ensign Jay E. Elson, USS Cushing (DD 985)
Ensign Mark D. Evans, USS Decatur (DDG 73)
Ensign Thomas J. Farina, USS Gettysburg (CG 64)
Ensign Bradley A. Fink, USS Ford (FFG 54)
Ensign Dana M. Forti, USS Kinkaid (DD 965)
Ensign Tyler H. Furukawa, USS Taylor (FFG 50)
Ensign Christopher Galliano, USS Duluth (LPD 6)
Ensign Vincent J. Garcia, USS Preble (DDG 88)
Ensign Brian R. Geary, USS Barry (DDG 52)
Ensign Penny L. Glover, USS Seattle (AOE 3)
Ensign Luis A. Gonzalez, USS Gonzalez (DDG 66)
Ensign Raymond A. T. Gonzalez, USS John Paul Jones (DDG 53)
Ensign Lonelli E. Gonzalez, USS Arleigh Burke (DDG 51)
Ensign Matthew E. Goodyear, USS George Philip (FFG 12)
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Ensign Joel M. Greco, USS Valley Forge (CG 50)
Ensign David A. Groseclose, USS Thorn (DD 988)
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Ensign Brett C. Lefever, USS Winston S. Churchill (DDG 81)
Ensign Erik J. Lindemann, USS Stethem (DDG 63)
Ensign Bradley D. Long, USS Robert G. Bradley (FFG 49)
Ensign Forrest V. Love, USS O'Brien (DD 975)
Ensign Scott C. Mackes, USS Estocin (FFG 15)
Ensign Ryan T. Marcott, USS Simpson (FFG 56)
Ensign Matthew H. Mariam, USS O'Brien (DD 975)
Ensign Cameron C. Martin, USS John L. Hall (FFG 32)
Ensign Kenyatta O. Martin, USS Paul F. Foster (DD 964)
Ensign William F. Martin, USS Ramage (DDG 61)
Ensign Marie E. Martinez, USS Thomas S. Gates (CG 51)
Ensign Eric J. Matheson, USS Elrod (FFG 55)
Ensign Samuel B. May, USS Iwo Jima (LHD 7)
Ensign Jesse M. Maynor, USS Sacramento (AO 1)
Ensign Daniel L. Mcadden, USS Lake Erie (CG 70)
Ensign Kelly A. McGill, USS Cape St. George (CG 71)
Ensign Matthew A. McKenna, USS McInerney (FFG 8)
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Ensign Margaret A. Monahan, USS Rushmore (LSD 47)
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Ensign Sabrina M. Weiner, USS Essex (LHD 2)
Ensign Robert C. Wells, USS Nicholas (FFG 47)
Ensign Gordon S. Wells, USS George Philip (FFG 12)
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Navy-wide news

World War II POWs could get back pay

MILLINGTON, Tenn. (NNS) —A number of Sailors and Marines who were held as prisoners of war (POW) during World War II are authorized to receive promotion back pay under the provisions of the Fiscal Year 2001 Floyd D. Spence Defense Authorization Act. The act directs the Department of the Navy (DoN) to pay back pay to Navy and Marine Corps personnel who were selected for promotion but not available to accept the promotion because of their internment.

Only Navy and Marine Corps POWs during World War II, from Dec. 7, 1941, to Dec. 31, 1946, are eligible. If the service member is deceased, the surviving spouse is entitled to the back pay. The amount of the back pay will be determined using the amount the member would have been paid, calculated using World War II pay rates and not adjusted for inflation.

The DoN will determine eligibility for back pay by researching each individual's request. This will include obtaining and reviewing the member's archived personnel and pay records.

Applications from Navy personnel should be sent to Cmdr. John DeNicola at the Bureau of Naval Personnel, Retired Activities Branch — PERS-62, 5720 Integrity Drive, Millington, Tenn. 38055.

Marine Corps applications should be sent to Maj. Jeff Sokoly at Headquarters, U.S. Marine Corps, 2 Navy Annex, RFL-7, Washington, D.C. 20380-1775.

Application information and forms are available on the Internet at <http://www.persnet.navy.mil/pers62/WWIIPOW/WWIIPOW.html>.

Surface Force to swap crews only

SAN DIEGO (NNS) — This summer, the Surface Force will begin an initiative to test the effectiveness of deploying a single ship for 18-months while swapping out crews at six-month intervals.

Called Sea Swap, this initial two-phased initiative will involve three Spruance-class destroyers (DDs) USS Fletcher (DD 992), USS Kinkaid (DD 965) and USS Oldendorf (DD 972), and three Arleigh Burke-class destroyers (DDGs) — USS Higgins (DDG 76), USS John Paul Jones (DDG 53) and USS Benfold (DDG 65).

During a time when the Navy's force structure is stretched increasingly thin by operational requirements around the globe, it is expected to produce significant increases in forward presence and on-station time.

Here's how it will work:

For the DD phase, Fletcher and her crew will deploy with their battle group this summer, but after six months, only the crew will return. The ship will remain deployed and be manned by the crew from Kinkaid. After completing their training cycle and decommissioning Kinkaid, these Sailors will fly to a port in either Australia or Singapore to assume ownership of Fletcher and steam her back on-station.

After six months, they will be replaced by the crew from Oldendorf who will have completed the same training and decommissioning schedule with their ship before flying out to relieve the Kinkaid crew. After four more months on station, the Oldendorf crew will then bring the ship (Fletcher) back to the United States where it too will be decommissioned.

Civilians, military susceptible to Sept. 11 stress disorders

WASHINGTON (NNS) — The Sept. 11, 2001, terrorist attacks at the Pentagon, in New York City and Pennsylvania claimed far more than thousands of innocent lives. Some experts believe millions of Americans across the country may have been psychologically affected by the events as well.

"Post-traumatic stress disorder (PTSD) is a very complex syndrome that results from an individual's experience with major life trauma," said Dr. David Tornberg, Deputy Assistant Secretary of Defense for Clinical and Program Policy.

Tornberg spoke March 12 at the National Mental Health Awareness Campaign (NMHAC) Town Hall at the National Press Club here. He was one of several guest panelists at the event, moderated by campaign chairwoman Tipper Gore.

The doctor noted that military health professionals have dealt for decades with PTSD — more commonly known as "shell shock" or "combat fatigue" in military circles.

The people who seem to be having the most difficulty dealing with the attacks — besides those who lost friends and relatives in the attacks, and police, fire, and search and rescue workers — "have experienced previous traumatic experiences in their lives," he said.

For more information about the warning signs visit <http://www.nostigma.org>, or call (202) 207-1334.



PH1 Jim Hampshire/U.S. Navy photo

CATCH YOU LATER —An F-14 Tomcat receives the launch signal from the catapult officer ("the shooter") as the jet rockets off the flight deck of the aircraft carrier USS John F. Kennedy during combat missions over Afghanistan in support of Operation Enduring Freedom. The jet accelerates from zero to 135 knots in 2 seconds.

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